

## HEADREST FOR A SEAT

### Abstract of the Disclosure

A headrest (1) for a seat (3), preferably a passenger seat, particularly an air passenger seat, includes at least one tilt adjusting device (27) and one height adjustment device (12) for adjusting the tilt or the height of the headrest (1) relative to the backrest (2) of the seat (3) on which the headrest (1) can be placed. A swiveling axis (28) for tilt adjustment of the headrest (1) is on guiding part (14), while pointing away from the headrest. The guiding part displaceably interacts with a longitudinal guide (13) and, together with this longitudinal guide, is part of the height adjusting device (12). The backrest structure can have a highly simplified design due to the longitudinal guide (13) being an integral part of the headrest (1) and the swiveling axis (28) of the guiding part (14) being fixed relative to the backrest (2), and since the frame of the backrest does not require any reinforcing structures or guide rails for accommodating a headrest. In addition, the possibilities for adjusting the height and tilt of the headrest relative to the backrest are greatly increased.